



Student Assess and Adapt Checklist

Periodically, provide students with this checklist. They can use it to assess their own strengths and areas that need improvement. Staff can use the data to identify areas for skill development.

	No	Sometimes	Always
I consistently try, even when it's hard.			
I pay attention to details.			
I fix or redo my work when it's not done correctly.			
I organize my material and create a plan.			
I read directions before I begin.			
I review notes or materials if I have questions.			
I ask for help when I'm uncertain or don't understand.			
I accept responsibility for my behavior.			
I will try new tasks even when I'm unsure or nervous.			
I attend the program and school regularly.			
I'm usually on time.			
I'll work in groups with others.			
I'll listen and respect what others say even if I disagree.			
I use words or cool-down strategies when I have a lot of emotion.			
I set goals and work toward them.			
I ask for feedback and I'm willing to give it.			
I'm willing to help others.			